



Taking Care of Your Body

Workplace got you feeling like a stiff piece of cardboard? Wish taking care of your body was something you could do not only outside of work but at work as well? Workplace Ergonomics 101 is a good place to start!

Options and Interesting Facts

- Keep your head back so your ears are over your shoulders. Eyes should be level with the top of your computer screen. You want your lower back fully supported by the backrest of your chair. Your wrists should be relaxed and straightened when you're typing or using the mouse, and both feet should rest on the floor.
- Breaks help keep you loose. Set an alarm to remind you to stand up every 30 to 60 minutes.
- If an alarm isn't your thing, try drinking more water, which will drive you to stand up and go to the bathroom more often. The extra water is a great healthy habit in and of itself!
- Just adding one hour of standing a day increases blood flow and metabolism, burns more calories, and improves focus and energy.

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